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## **How Parents Can Help Kids With Dyslexia Practice Self-Care**

School is starting soon and that means it is time for your kids to get off of the couch and start living an active lifestyle again. To do so, they will need to practice self-care, and parents can be their guiding light. If your child has dyslexia, then you will want to create a comforting atmosphere while helping them to stay healthy overall. Here at [IDEAS](#), we love to support children with dyslexia, so we have some great tips for how to practice self-care to prepare for the days ahead.

### **Start Preparing to Prioritize Your Kids During Busy Seasons**

If you have a busier season at work or you typically have a hectic holiday season, it is still important to prioritize your kids. Life can get busy but if you don't spend time with your children then they can get sad and that loneliness can lead to anxiety. So, make it a point to carve out time. That could mean that you put them to sleep every night and read a bedtime story or it might mean that you plan to have a night out every Saturday.

Not only will your [kids feel appreciated](#) but you will create new memories that will last for years to come. Kids with dyslexia have enough to worry about, so show them that you care.

### **Spend Your Money Wisely on Toys and Gifts**

You can get your kids off of the couch by purchasing interactive toys that they can play with until school starts again. For instance, puzzles are a good way to keep them busy and engage their mind. Another option is to purchase [STEM toys](#) like building tools and chess games that they can play for hours. Kids with dyslexia might enjoy toys meant to educate, such as alphabet sand molds and jumbo letter magnets.

Instead of buying everything you see, it is important to be smart with your money. Before making a purchase, check out online reviews from unbiased sources so you can find out which toys are worth the cost and which will provide fun for years to come. See [what other parents think](#) and you'll make a wise decision.

### **Help to Improve Their Self-Image**

Some children with dyslexia may feel down on themselves sometimes, especially if they have a hard time in school, so to help them to feel better, you can help to improve their self-image. You can do that by encouraging your kids to [exercise](#) and eat the right meals so they can feel good about how they look. Go outside and breathe in some fresh air. Go camping, hiking, take a walk through the park, or go swimming. Any of these activities will keep them engaged and happy.

You can also give them [healthy snacks](#) throughout the day. Instead of cookies and ice cream, give them a bowl of tasty almonds or flavorful trail mix. Always start your kids off with a healthy breakfast of oatmeal or another treat that will give them energy for the day.

### **Work on Their Mental Health**

If your kids are worried about getting back into social life then you should help them to work on their mental health. Sometimes, they can keep feelings bottled up and that isn't good for anyone. Instead, let them know how [journaling](#) every night can help them to put their feelings on paper so they can feel better as they drift to sleep. Parents should also make a habit to ask their kids about their day during dinner so you can bond and create a stronger relationship.

As you can see, there are many ways that parents can help their kids practice self-care and prepare for the months ahead. By spending time with them, buying smart toys, and helping to improve their self-image, they will feel on top of the world. If you would like to learn more about the [programs at IDEAS](#), then contact us at [ideasplano@gmail.com](mailto:ideasplano@gmail.com).